

**Water Transfer from Progress Rodnik Tanks**

<b>GMT</b>	<b>CREW</b>	<b>Activity</b>
06:00-06:10		Morning inspection
06:10-06:40	FE-1	Post-sleep
06:10-06:30	CDR	Post-sleep
06:30-06:40	CDR	Hematocrit.
06:40-06:50	FE-1	Hematocrit
06:40-06:50	CDR	Post-sleep
06:50-06:55	CDR	Hematocrit. Stowage
06:50-07:40	FE-1	BREAKFAST
06:55-07:45	CDR	SPRUT. Experiment ops with first recording. <i>Tagup (S-band)</i>
07:40-08:10	FE-1	Prep for work
07:45-08:35	CDR	BREAKFAST
08:10-08:25	FE-1	Food frequency questionnaire
08:25-08:35	FE-1	TEPC relocation
08:35-08:50		Daily planning conference ( <i>S-band</i> )
08:50-09:05	CDR	IMS tagup ( <i>S-band</i> )
08:50-09:00	FE-1	EarthKAM: Hardware deactivation and stowage
09:00-09:05	FE-1	Carbon dioxide level status
09:05-09:35		Shuttle maneuver skill training (R-Bar Pitch)
09:35-10:35	CDR	Recovery of CPB-K2M. Tagup w/specialists ( <i>S-band</i> )
09:35-10:35	FE-1	Physical Exercise (TVIS)
10:35-10:40	FE-1	Weekly maintenance of TVIS
10:35-12:05	CDR	Physical Exercise (TVIS) day 1
10:40-12:10	FE-1	Physical Exercise (RED)
12:05-12:10	CDR	Weekly maintenance of TVIS
12:10-13:10	FE-1	Crew time for adaptation and familiarization with the station
12:10-12:40	CDR	System config for water transfer from Progress Rodnik to SM Rodnik 5B2
12:40-13:10	CDR	Recovery of CPB-K2M. Tagup w/specialists ( <i>S-band</i> )
13:10-14:10	FE-1	LUNCH
13:10-13:15	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 (status), video (USOS assets)
13:15-13:45	CDR	LUNCH
13:45-13:50	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 (status), video
13:50-14:20	CDR	LUNCH
14:10-18:20	FE-1	Software loading to SSC
14:20-14:25	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 (status), video
14:25-14:55	CDR	ISS crew orientation
14:55-15:00	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 (status), video
15:00-15:30	CDR	ISS crew orientation
15:30-15:40	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 (status), video
16:10-16:40	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 (status), video
16:40-16:50	CDR	Progress 5B2 tank bladder compression
16:50-17:10	CDR	Water transfer from Progress Rodnik to SM Rodnik 5B2 configuration tear

		down
17:10-17:30	CDR	Air release from SM EDV after water had been transferred to SM Rodnik BB2
17:30-18:30	CDR	Physical Exercise (VELO + Force Loader 1) day 1
18:20-18:25	FE-1	TVIS/RED/HRM data transfer to MEC
18:25-18:35	FE-1	Report prep
18:30-18:35	CDR	Report prep
18:35-18:50		Daily planning conference ( <i>S-band</i> )
18:50-19:05		ISS crew / FD conference ( <i>S-band</i> )
19:05-19:30		Report prep
19:30-20:00		DINNER
20:00-20:30		Daily ration prep
20:30-21:30		Pre-sleep
21:30-06:00		SLEEP

**Note:**

1. See OSTP for references to US activities
2. ***Tagup (S-band) during water transfer ops as necessary***

End of radiogram